

# MINDFULNESS AND SELF-COMPASSION – AN INTRODUCTORY SESSION FOR STUDENTS 10-13

Meet Instructor - Heidi Stark, M.Ed,  
RYT 500



Heidi received her Mindfulness-Based Stress Reduction (MBSR) teaching certification through Brown University's School of Public Health and has taken MBSR through UMass Memorial Mindfulness Center. She has trained to teach MSC with the Center For Mindful Self-Compassion.

Heidi holds Bachelor's Degrees and a Master's Degree in Education with a concentration in Family and Society. She is a licensed teacher through the Ohio Dept of Education. She is also a registered yoga teacher (RYT500) with advanced trainings in child, family, and adolescent yoga, yoga for cancer and trauma-informed practices.

Heidi lives in Bryan with her husband and two sons.

Heidi is the owner of H.J. Stark Wellness and Consulting.

**Tuesday, September 26, 2023  
5:00-6:30 pm**

**Intended Audience: Students ages 10-13**

## **Class Description:**

***What is mindfulness?*** Mindfulness is simply being aware of life as it unfolds. It's paying attention to thoughts, body sensations, and our life experiences on purpose, moment to moment, with curiosity and kindness. Mindfulness is a practice that is research-based and proven to help humans of all ages meet stress and challenges.

***In this session,*** participants will explore what mindfulness is and is not and experiment with shifting focus and attention. Students will bring awareness to their breath as it moves in and out of the body. Self-compassion will also be touched upon, highlighting the importance of being kind and treating ourselves like a good friend in times of struggle.

Age-appropriate activities that can be generalized and utilized to assist in dealing with difficult emotions and challenges will be introduced, opening to the possibility of more joy and less stress and anxiety. Activities will include art, mindful meditation, and gentle movement.

***This class will be held at Community Hospitals and Wellness Centers in the Bard ABC Conference Room.***

***Some gentle movement will be part of the class, wear comfortable clothes. Mats will be provided or bring your own if you would like.***

**Space is limited. Please register ASAP or no later than  
Wed., Sept 20 - to reserve your spot by contacting  
Kathy Davis at:  
[kathydavis@chwchospital.org](mailto:kathydavis@chwchospital.org)**

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